

Washington - Congresswoman Linda Sánchez today encouraged people in Southern California to participate in "National Wear Red Day" on Friday, February 2nd. The nationwide campaign, which encourages men and women to wear red clothing, is designed to raise awareness of the importance of women's cardiovascular health.

"Heart disease is the number one killer of women, claiming nearly 500,000 American women every year," said Congresswoman Sánchez. "The 'National Wear Red Day' campaign is a wake-up call for everybody who knows, loves or happens to be a woman threatened by this terrible disease."

The campaign is specifically aimed at women between the ages of 40 - 60, the time when a woman's risk of heart disease begins to rise. These women are encouraged to talk with their doctors to learn more about their personal risk for heart disease and to make cardiovascular health a priority.

"It is important that women of all ages learn more about their heart health," added Congresswoman Sánchez. "It is never too early or too late to take steps to treat - and more importantly - prevent this killer before it ruins the quality of your life or worse."

The month of February was first designated as American Heart Month in 1963 to call attention to the risk of heart disease faced by Americans. Each year in the United States, over one million people fall victim to heart attacks, and nearly half of these sufferers die. Additionally, cardiovascular disease is the number one cause of death for American women, claiming over 500,000 lives annually. Americans can greatly reduce their chances of developing heart disease through regular exercise, maintaining a healthy diet, and avoiding certain habits, such as smoking.

More information and resources on cardiovascular health are available on her website at www.lindasanchez.house.gov.